Australian Government
Australian Digital Health Agency

My Health Record

Control your health information **securely, in one place**

MyHealthRecord.gov.au
Help line 1800 723 471

Safer treatment in an emergency

In a medical emergency, your healthcare providers can quickly see your emergency contact information and your allergies, medicines and immunisations, if added. This helps your healthcare providers give you safer treatment and care.

Available night and day

With your key health information securely in one place, it is available when and where you need it.

Correct information

In My Health Record, you can see and check your health information. This helps your healthcare providers give you the right treatment.

Helps you remember

My Health Record helps you remember your medical information. This helps when you see different healthcare providers.

Faster, easier

When you see healthcare providers in different places, My Health Record means you spend less time waiting for test results and information to be sent between healthcare providers.

Keep track, wherever you are

Your My Health Record helps you keep track of your medical tests, medicines and immunisations, even when you're travelling.

Control who can see your health information

In My Health Record, you can see a list of who has looked at your record and when. If you want extra privacy, you can set an access code to restrict who can see your record or individual documents in it, and you can delete documents at any time.

It is against the law for someone to look at your record, unless it is to provide you with healthcare, and serious penalties apply.

If you think someone has deliberately looked at your record when they shouldn't have, call us on 1800 723 471.

How to look at your My Health Record for the first time

Use myGov to look at your My Health Record. myGov is a secure way to use many Australian Government services online.

1. Go to my.gov.au to sign in to your myGov account.
2. Select 'Services'.
3. Select 'Link another service'.
4. Select 'My Health Record'.
5. Verify your identity.

If you don't have a myGov account, you can set one up at my.gov.au.

How your healthcare provider uses your My Health Record

If the healthcare provider you visit uses My Health Record, they can look at your record on their computer. Before they can look at your record, they need your name, your date of birth, your Medicare number, and your gender. They can also add medical documents to your record unless you ask them not to.

Add to your record

When you first look at your record, there may not be much information in it. Your past medical records and test results may not be in it. You or your healthcare provider can start adding new information to your My Health Record at any time.

To add information, log in to your My Health Record through my.gov.au

Update your profile

See and manage your personal details.

Add your emergency contacts

Add who you would like contacted in an emergency.

Set your notification preferences

Select if you would like to be notified when someone looks at your record.

Medicare information settings

Choose what Medicare information is added to your record. This may include claims for medical services such doctor visits, tests and medicines, your organ donation decisions, and your immunisations.

Add a personal health summary

Add your own information about your medications and allergies.

Ask your participating healthcare **provider to upload** a summary of your visit **to your My Health Record**

Find out more about My Health Record:

MyHealthRecord.gov.au

Help line 1800 723 471

If you have a hearing or speech impairment, go to **relayservice.gov.au**

If you need assistance in another language, call **131 450**

Authorised by the Australian Government, Canberra.